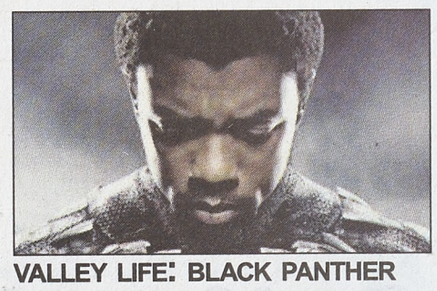
10-17-18

VALLEY LIFE: STEM FAIR

STEM CLUB HOSTS FAIR TO ENCOURAGE STUDENTS TO JOIN CAREER FIELD.

the VALLEY STAR

The Independent Student Newspaper of Los Angeles Valley College



VALLEY LIFE: BLACK PANTHER

THE FILM COMBINES HOT TOPICS, THRILLING ACTION, AND CULTURE IN NEW REVIEW.

VOLUME 88, ISSUE 3 | VALLEY STAR OCTOBER 17, 2018 | WWW.THEVALLEYSTAR.COM

ASU members voted in

Three ASU members were voted into the Executive Council after positions were left empty.

GABRIEL ARIZON
CO-EDITOR-IN-CHIEF

The ASU Executive Council appointed a new parliamentarian and two new commissioners to fill its vacant seats for the year.

Since the start of the semester, the Executive Council has been looking for students to fill empty seats on the ASU. On Sept. 25, the council interviewed three Valley students who had made it through their vetting process, Joseph Patterson, Caesar Taura and Jose Romo.

The students were interviewed for the position of parliamentarian, commissioner of institutional effectiveness and commissioner of ethnic and cultural affairs, respectively.

After all the interviews, the ASU voted in each member by a two-thirds majority.

Upon finding out the results, Taura said that he felt accepted. "I knew one day I would like to make a difference through political strategy," he said. "Knowing that I wanted to make the decision to join the student government, it made me feel like I had a purpose going to college."

Romo will be the first student to be commissioner of ethnic and cultural affairs since its inception last semester when it was amended to the ASU constitution by a student vote.

"I'll do my best to support the students at Valley College," Romo said. "I'll try to represent their different perspectives or values they all have and see what I can do to accommodate, to make it fun and make it a [better] learning environment."

Patterson, who is the president of Phi Theta Kappa and a pre-law student, previously ran for vice president of the ASU in the spring election but dropped out of the race due to not knowing if he would be able to fulfill the time commitment.

"What I'm trying to do is get an understanding of how governance procedures happen and how governing bodies run, so I can get some experience," Patterson said.

The Executive Council is able to vote in new members through Article VII, Section 4 of their constitution, which states that all vacant ASU positions, with the exception of president and vice president, shall be appointed by the Executive Council with a two-thirds majority vote by the members present.

On Oct. 9, the Executive Council voted in Sebastian Diaz as vice president. The ASU still lacks a commissioner of social media and a commissioner of health and safety, as well as two inter-club council representatives.

The last deadline for students to apply for an ASU position is Oct. 19. To be an ASU member, the student must have attended Valley for at least a semester prior to being elected, have completed a minimum of five units and have a cumulative and current GPA of 2.0.

Wind knocked the power out of Valley

A power outage took Valley students, teachers and staff by surprise Monday afternoon for almost two hours before turning back on.

VALLEY STAR | SOLOMON SMITH

POWER-OUT- Students walk-out after Valley expereinces a power-out during class due to the wind, lasting just under two hours.

SAVANNAH SIMMONS
OPINION EDITOR

High winds in Southern California knocked out power at Valley College which left some students stuck in elevators and professors unsure about upcoming classes.

"There were some people were stranded in elevators because of a backup generator issue," said Valley President Erika Endrijonas. "The backup generator came on and one elevator of folks came out but one was still stuck. The fire department came got the folks out safely no problems."

Students in 11:20 a.m. classes were surprised when the lights flickered on and off before completely going out at 12:21 pm. Professors and students scrambled to figure out if they should wait for the power to return or cancel classes.

The Valley Sheriff's Station and Maintenance Services were not sure about the classes continuing or being canceled, but some professors were thinking about canceling classes themselves.

"They said, hang tight, the wifi will be back on soon," said ESL instructor Shaw Smith during the outage. "That's all they told us."

In the Emergency Procedures Reference Book that is posted in all classrooms and buildings on campus, it is a procedure that "in the event of a power failure emergency lighting will come on and exits signs will remain lit." And to use natural light if the outage occurs during the daytime.

Looking down the halls, dim emergency lights could be seen. It was reported that the Administration Building ran on reserve power while classrooms remained dark.

LADWP had five services to tend to before coming to help Valley College which was estimated to be sometime before 7:41 pm. LADWP also confirmed that the outage was due to the high winds we have been experiencing.

"We're working as quickly and safely as we can," said a customer service representative at LADWP.

After about an hour and forty minutes, the power was restored. Two messages addressing the campus-wide issue were sent out through Blackboard Connect and Public Information Officer, Jennifer Fong Borucki explained they were waiting for an update from LADWP before sending anything out.

Management Professor Jack Condon went on with his classes despite the power outage and was happy with his students' presentations they gave even though they didn't have the support of Powerpoint. "Don't give up, you persevere," said Condon.

According to LADWP's Twitter, "At 2:15 pm we have approx 8,900 of our 1.5 million customers affected by power outages in @LACity due to #LAWind. #ValleyVillage, #MarVista, #CanogaPark most affected neighborhoods."

"It didn't bother me," said student Katherine Pineda. "It was great because I got out early."

On Campus

October 17

The Career/Transfer Center will offer an Undecided Major Workshop from 3:30 p.m. to 5 p.m.

October 18

The Transfer/Career Center will host a UC application workshop from 10 a.m. to 11:30 a.m.

October 20

LAVC's football team will host home game against Compton College at 6 p.m. in Monarch Stadium.

October 22

The American Red Cross Blood Drive will be held in Monarch Hall in the Campus Center from 9 a.m. to 3 p.m.

October 23

Students are welcomed to walk-in the President's office during her office hours in the ACA from 1 p.m. to 2 p.m.

These features and more can be found in full @ www.thevalleystar.com

Sexual assault prevention on campus

The Los Angeles Community College District announced an online, mandatory program for students.

MONSERRAT SOLIS
CO-EDITOR-IN-CHIEF

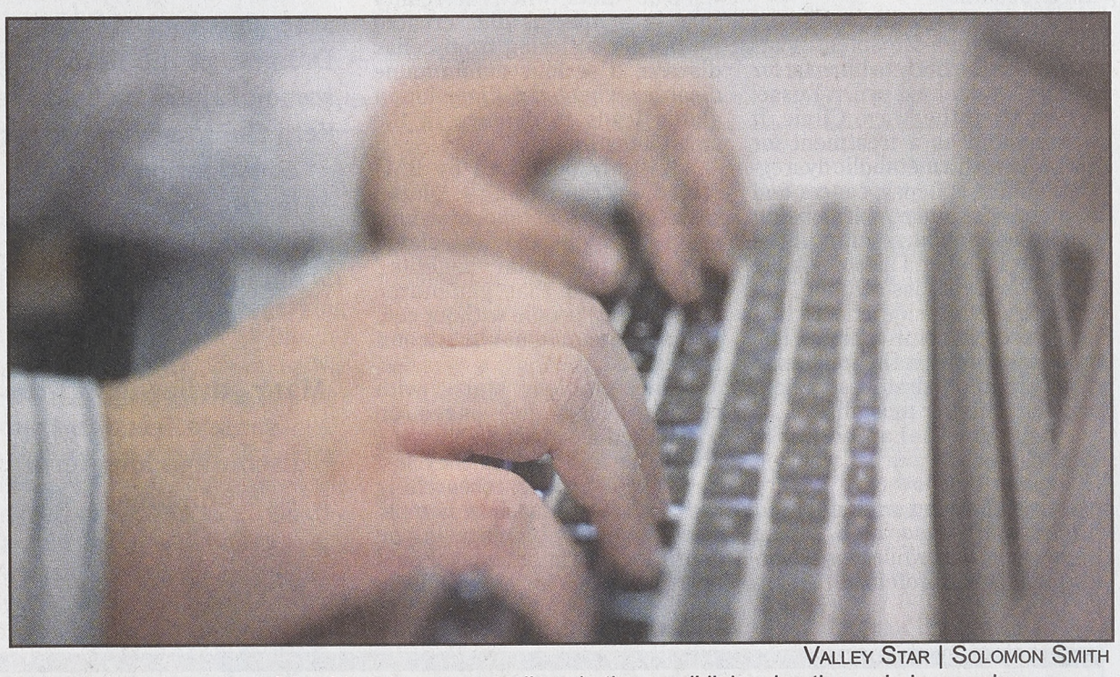
The LACCD will require present and future students to complete the Sexual Assault Prevention for Community Colleges program under Title IX.

In an email to students, the Director of the Office of Equity, Diversity and Inclusion Brittany Grice stated the program was created for "enhancing our own community's awareness and understanding of the topics of sexual misconduct and gender-based violence."

Students can register for the training through a link in their email or head to platform.everfi.net/new_registration. Once logged in, students will need to create a profile using an email and password, registering with the code: losangeles. Since the program will be interactive, it may take longer than 45-minutes but can be taken in multiple sittings. The course consists of modules following a short assessment, but there will not be a "passing" score required to satisfy the training obligation. The online training should be completed by Oct. 31, 2018.

Although this is the first year LACCD is implementing this course, federal and state law requires colleges and universities receiving education funding to provide students with sexual assault training. This law also requires training for all students once per academic year. Students who have completed similar training can email titleix@email.laccd.edu with the certificate of completion with a date of July 1, 2018, or later.

If this program is not completed by that deadline, further steps will be taken beginning Nov. 2018 to address students' failure to comply. However, it is not certain if holds on students' accounts will be taken or any further action.



VALLEY STAR | SOLOMON SMITH

ONLINE- Students are advised to take course online via the email link using the code losangeles.

Title IX of the 1972 Education Amendments requires colleges and universities receiving federal funding to combat gender-based violence and harassment to create a safe environment for education. This law serves to protect students and provide counseling, tutoring and other resources at no cost.

Because the program may contain sensitive material involving sexual misconduct that can be triggering, there will be a "Chat with an Advocate" button on the screen to anonymously chat with a volunteer from the Domestic Violence Hotline. If further guidance is needed, Valley College's Title XI Coordinators are Elizabeth Negrete and Florentino Manzano. Negrete can be reached at negretme@lavc.eduor or (818) 947-2702, and Manzano can be reached at manzanf@lavc.eduor or (818) 947-2691.

Students are reminded that incidents can still be reported regardless of time of occurrence and they may seek confidential counseling though the Student Health Center or through local campus resources found on tinyurl.com/LACCDT9Resources.

The Valley Star reached out to Grice but no action was taken. A Title IX coordinator was contacted at Valley, but they were "not familiar" with the consequence of low student outcome or why LACCD is mandating this program now.

OPINION

Swift politics causes increase in young voters

Taylor Swift caused a spike in voter registration after speaking out to her fans on social media but do not just register, VOTE.

SAVANNAH SIMMONS
OPINION EDITOR

Using her platform to share her views on the upcoming election, Taylor Swift caused a spike in voter registration but that is just the first step in creating the change younger generations are desperate to see.

According to the Director of Communications for Vote.org, Kamari Guthrie, within a 24-hour period of Swift's post, there were 65,000 registrations with a specific spike in registrations in Tennessee.

"So many intelligent, thoughtful, self-possessed people have turned 18 in the past two years and now have the right and privilege to make their vote count," wrote Swift on her Instagram account with 112 million followers. "But first you need to register, which is quick and easy to do."

Swift has been infamous for not publicly speaking about her political views so, after her Instagram post where she clearly pointed out what she believes in while telling her fans to register to vote, she caught the attention of many.

During midterm elections, all 435 seats in the U.S. House of Representatives and 35 of the 100 seats in the U.S. Senate are up for election. This election is held every two years in the middle of a president's four-year term and is important because the national legislative agenda can be set by the party that holds the majority in Congress.

According to Pew Research, "[Gen Xers, Millennials, or Post Millennials] accounted for 53% of eligible voters but cast just 36 million votes – 21 million fewer than the Boomer, Silent and Greatest generations, who are ages 54 and older in 2018." It is no secret that younger generations are not going out to vote in elections that will affect their lives directly and this must change.

A satirical video by ACRONYM, "a no-BS digital organization committed to winning elections + building digital infrastructure for the progressive movement," and their "Knock the Vote" campaign has gone viral over the internet to encourage younger voters to step up. The video shows elderly actors playing Trump supporters who are mocking the younger generation that doesn't go out and vote for things affecting their future.

"We're a generation of doers, not whiners, and we're doing great," says one man, "I can't keep track of which lives matter," says a woman, "Sure, school shootings are sad but I haven't been in a school for fifty years," says another. It is funny and alarming at the same time because even though this is a skit, there are real people in this country who actually think this way and are voting in that direction while generations who want change are statistically not voting.

While the rise in voter registration is exciting to see, those newly registered voters must actually put that privilege to use and vote in the elections to get the future they want. Participating in marches, liking posts, and speaking on issues over the internet is a great way to gain attention to the issues we face and want change on but our voices will be heard the loudest through the votes on the ballots we cast.

California's deadline for registration is October 24 as the midterm elections are November 6. Sign up then go out and vote.

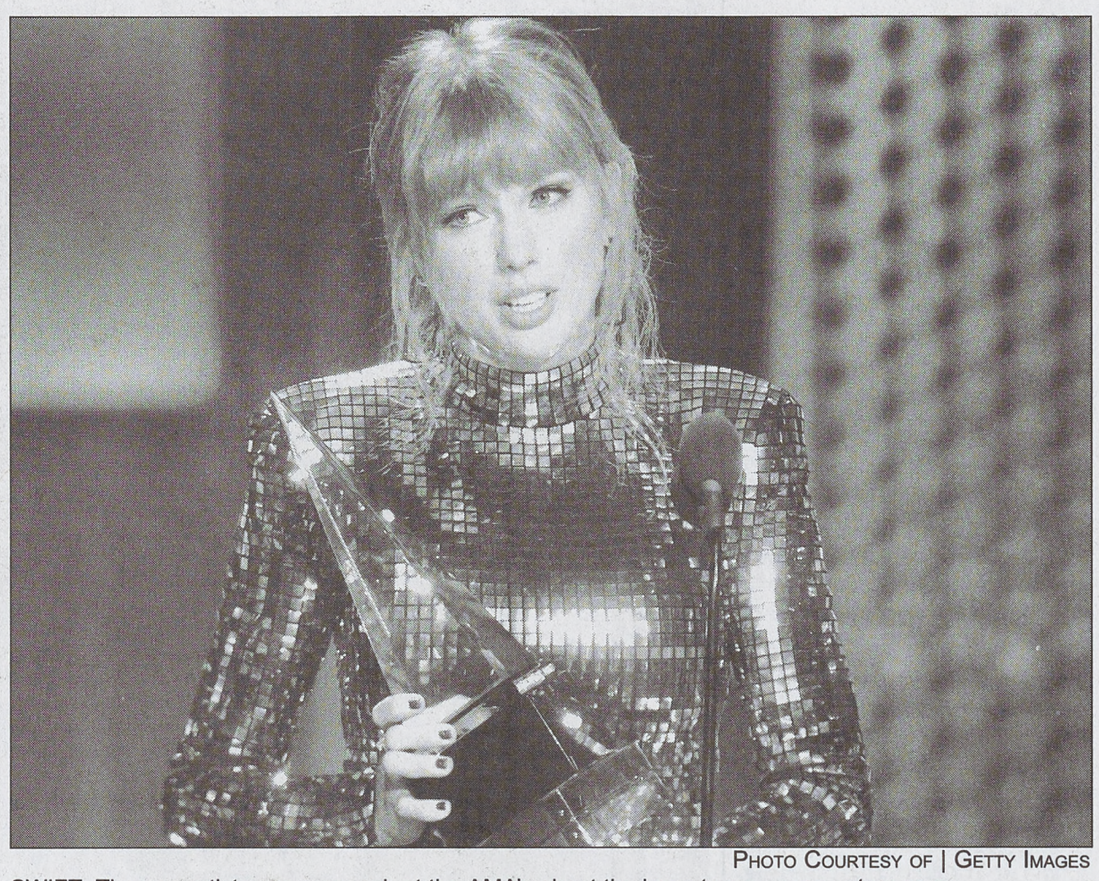


PHOTO COURTESY OF | GETTY IMAGES

SWIFT- The pop artist gave a speech at the AMA's about the importance young voters carry.

One Way or Another: One question, two opposing viewpoints

Dieters beware, keto may be deadly

The keto diet is not so simple but oh so deadly, new studies show the harmful long-term effects while on the diet.

MONSERRAT SOLIS
CO-EDITOR-IN-CHIEF

For years people have resorted to diets to lose weight; the ketogenic diet has created enough buzz but it is not an easy conversion and can ultimately shorten life expectancy.

The Ketogenic diet, consisting of low-carb, high-fat content meals that cause the body to burn fat for energy, was coined by Dr. Russel Wilder from the Mayo Clinic. It was created as a treatment for diseases with a metabolic dysregulation, like epilepsy, cancer and Alzheimer's, but now it is being used to lose weight, resulting in the almighty keto diet. This sounds like an easy weight-loss solution, but it has troubling side effects that have recently come to light. The most dangerous is the long-term effect of carbohydrate restriction, causing a higher mortality.

A study by The Lancent Public Health medical journal went on to explain that low-carb dietary patterns favoring animal-based protein were associated with a higher mortality, while those favoring plant-based protein were associated with lower mortality.

"We found that people who consumed a low carbohydrate diet were at greater risk of premature death," said Professor Maciej Banach from the Medical University of Lodz. "These [keto] diets should be avoided."

In an interview with Plant Based News, Dr. Kim Williams, former president of the American College of Cardiology, spoke about a study from the American Heart Association that isolated people who suffered from a heart attack and were doing a ketogenic diet.

"It was a 53 percent increase in mortality. No one should be doing this," said Dr. Williams.

There is a pattern of people adopting diets based on health restrictions and turning them into a weight loss plan. Many people have gone wild for gluten-free diets when in reality that is a special diet created for people suffering from celiac disease, a serious autoimmune disorder where the digestion of gluten leads to damage in the small intestine.

A study published by BMJ stated, "restricting gluten results in low intake of whole grains, which are associated with cardiovascular benefits." BMJ stresses that gluten-free diets among people without celiac disease should not be encouraged.

The problem starts with people seeing diet pages on social media or friends boasting about the five pounds they lost in a week. Simple researching can show a person how complicated a diet can be. Focusing on diets' long-term effects should be researched by anyone looking into one.

These diets are created for short-term effects, but when they blow up the vicious cycle of diet culture it is hard to break. There needs to be serious health warnings that follow keto-friendly recipes, stating the health negatives that come with having a restrictive diet. Even basic research into these diets can halt the masses of keto dieters.

Everyone wants to lose a few pounds, but these diets are not the solution. At the end of the day, it is causing more harm than good.

THE ISSUE

Keto

Reader's Digest warns readers of 11 Hidden Dangers of the Keto Diet, some of them include the Keto flu, low-blood sugar, constipation, loss of electrolystes, dehydration, bad breath, kidney damage, and cardiac problems.

Many studies report the same effects and discourage long-term dieting.

Keto: more than just a weight loss

The keto diet has shown numerous health benefits and alleviates unpleasant symptoms and diseases.

MEGAN JACKSON
NEWS EDITOR

The popular ketogenic diet is a low-carb, high-fat diet that turns the body into a fat-burning machine as well as offers many positive health benefits against diabetes, epilepsy and cancer.

It is called the keto diet because by following the meal plan, your body produces small fuel molecules called "ketones." This is an alternative fuel for the body, used when blood sugar (glucose) is in short supply. Ketones are produced if you eat very few carbs and only moderate amounts of protein. They are then used as fuel throughout the body, including the brain.

"On a ketogenic diet, your entire body switches its fuel supply to run almost entirely on fat," according to Dr. Andreas Eenfeldt, MD. "Insulin levels become very low, and fat burning increases dramatically. It becomes easy to access your fat stores to burn them off."

Many people assume the keto diet is restrictive due to the low-carb factor. This common misconception does not take into consideration that as long as you are sticking to the overall guidelines of the diet, you can indulge in your cravings in moderation. This diet focuses more on the quality of the food you are consuming, not the caloric intake.

"I've been doing ketosis on and off for the last five years," said Valley College student Jessica Lange. "Monday through Friday I do a low-carb and high-fat diet. Saturdays and Sundays are my load days where I can have carbs, sugar, alcohol, etc."

Self discipline is a key factor not only in the keto diet, but in any attempts to lose weight. The increased fat and weight loss resulting from the keto diet plays a strong role in controlling Type 2 diabetes. A study conducted by the Department of Medicine at Duke University tested the hypothesis that a diet lower in carbohydrate would lead to greater improvement in glycemic control in patients with obesity and Type 2 diabetes mellitus.

"Dietary modification led to improvements in glycemic control and medication reduction/elimination in motivated volunteers with Type 2 diabetes. The diet lower in carbohydrate led to greater improvements in glycemic control, and more frequent medication reduction/elimination than the low glycemic index diet. Lifestyle modification using low carbohydrate interventions is effective for improving and reversing type 2 diabetes."

Along with Type 2 diabetes, the keto diet has shown remarkable results in assisting epileptic children. A research study conducted in 2001 at Johns Hopkins Medical Institution in Maryland measured the correlation between the ketogenic diet and children suffering from extreme seizures. Forty-nine percent of the children in this cohort symptom study experienced a nearly complete resolution in seizures.

"Three to six years after initiation, the ketogenic diet had proven to be effective in the control of difficult-to-control seizures in children. The diet often allows decrease or discontinuation of medication. It is more effective than many of the newer anticonvulsants and is well-tolerated when it is effective."

The Department of Biology at Boston conducted a research study in 2007 to test if the keto diet was an effective alternative therapy for malignant brain cancer. This study evaluated the efficacy of KetoCal after seeing the positive impact it was making for children with epilepsy.

"The results indicate that KetoCal has anti-tumor and anti-angiogenic effects in experimental mouse and human brain tumors when administered in restricted amounts. The therapeutic effect of KetoCal for brain cancer management was due largely to the reduction of total caloric content, which reduces circulating glucose required for rapid tumor growth."

With years of studies and research, the keto diet has proven to be extremely helpful not only in weight loss, but in aiding serious illnesses. If you are looking for quick weight loss results or a lifestyle change to reduce harmful symptoms, the keto diet is a great choice.

VALLEY VIEW | SHOULD COMMUNITY COLLEGES MANDATE SEXUAL ASSAULT TRAINING FOR STUDENTS?

TEXT BY ANDREA GONZALEZ
PHOTOS BY VICENTE VITELA

"Yeah, I think it's good for everyone to be educated as much as possible."
-LEE, SPEECH PATHOLOGY MAJOR

"Yes, there should be consinsences us to what constitutes on sexual assault."
-LILY, NURSING MAJOR

"I think is should be taught but I don't think it shouls be mandatory, but I think it's important."
- SPENCER, SOCIOLOGY MAJOR

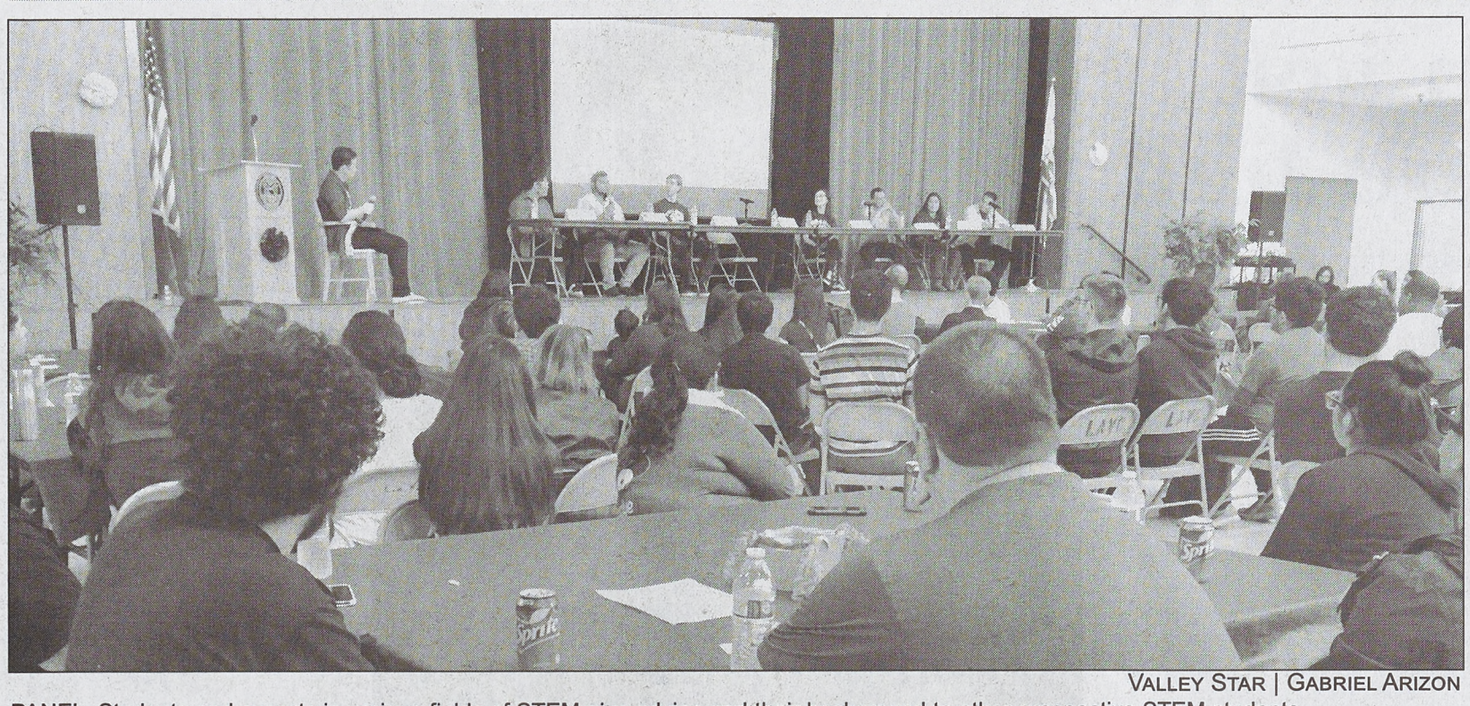
"I think they should. I know a lot of people that have been through sexual assault and they don't know where to find the resources."
-DANIELA, TEACHING MAJOR

"Not force, but it should be an option. It has more security for students, since school should feel secured."
- JOSE, LIBERAL STUDIES MAJOR

EDITORS NOTE

The views expressed on this page are solely those of the writer and do not necessarily reflect those of the Valley Star, its instructors, editors, staff or those of Los Angeles Valley College, its administration, faculty, staff or students.

VALLEY LIFE



VALLEY STAR | GABRIEL ARIZON

PANEL- Students and experts in various fields of STEM give advice and their background to other prospective STEM students.

Fair spreads STEM awareness

The STEM Fair brought tips and personal stories to those looking to pursue one of those fields.

GABRIEL ARIZON
CO-EDITOR-IN-CHIEF

The STEM Club held their own event to spread awareness about the field and hopefully spark interest in other students to take part.

The STEM Fair was held in Monarch Hall on Oct. 3 and featured a panel of Valley College students and professionals within the four fields of STEM: science, technology, engineering and medicine. The panel of four students and three professionals gave their backgrounds and experience in STEM.

Panelist Natalie Aviles, a biomedical engineering major, gained an interest in STEM due to conversations she had with one of her high school teachers, who was an aerospace engineer. However, it was after her mother was diagnosed with a chronic pain condition that her interest evolved into something she actively pursued.

"She was not herself for a solid year," Aviles recounted. "They came out with some pain patch called oxycodone. After that, I had my mom again and I realized that what was I wanted to do."

Microbiology major Ted Daniel Llera, who immigrated from the Philippines three years ago, was inspired to pursue STEM after seeing communities in his home country lack the means to get proper medical attention.

"I wanted to help them and give access to them to have a healthy life," Llera said.

Panelists also gave advice to the students on how to successful in their careers and cleared up some misunderstandings about STEM.

"[Networking] is the most important thing you will do," said Carlos Perla, a space systems operator for the United States Air Force. "I've been in different companies because I'm pretty good at speaking, so just talk to people."

"One of the biggest misconceptions with physics majors is people think that you have to be a genius to be a physics major," said Mahin Hossain, a Ph.D. astrophysics student at UCLA. "You don't have to be literally Einstein in order to do research. In fact, there are so many people in the background who are doing slow and steady research.

After the panel, attendees were treated to free food and drinks. Guests and panelists mingled together as the Broadcasting Club provided music. Other clubs like the Physics Club and Astronomy Club were also present to give students information about their own club.

Humberto Raya Mendoza, the STEM Club advisor and Valley math professor, remarked on how he felt giving his backstory to the attendees.

"It felt great. It felt like I was part of that same recurring cycle where the mentor passes down what he knows to the student," Mendoza said. "Even if [the students] are not in my classes, I hope I inspire them to learn something."

STEM Club President Steven Williams felt very positive about the reception of the fair and hopes to make the event happen yearly.

"Having the student perspective actually matter and hearing people say that failure is okay and you can bounce back from it … I couldn't have done it better myself," Williams said.

"The event was really good. It had a lot of practical tips that really anyone could use for any major," computer science major Matthew Zaldana said. "I think the school should have more events like this. They're really practical."

Helping Hands helps students

Program on campus provides a food pantry and resources to students in need.

KIMBERLY LINARES
STAFF WRITER

Valley College provides students with the opportunity to benefit from on-campus resources made possible through the Helping Hands Project, like the food pantry.

The Helping Hands Project at Valley began in 2003, and since then has benefited students experiencing homelessness and/or food insecurities. The program is sponsored through CalWORKs, the Valley College Foundation, as well as other private donors to provide: food, housing, transportation and counseling. Through support and commitment, HHP strives to add to students educational goals and reduce incidents of homelessness and food troubles.

The program has multiplied this semester. Last year about 10 students were benefiting from the program; this year the amount has increased to 100. Students are referred through campus staff, once referred their situation is assessed, and then provided with adequate resources.

Every Monday, Helping Hands receives a delivery of organic produce from Food Forward, a local food bank. The distribution of the produce takes place Tuesdays and Wednesdays from 11 a.m. to 1 p.m. at Monarch Square. All students are welcome as long as they have their student I.D.

"It never came to my mind that my school could help me in the ways that Helping Hands has helped me," says Steven Fuel a student at Valley majoring in Broadcasting. "Without their help the last couple of months, I would not have made it through."

Among community college students, two in three students are food insecure and almost 14 percent are homeless, according to a 2016 survey by the Wisconsin HOPE Lab in Madison. Community colleges get funded to instruct students but providing students with basic necessities like food and shelter go beyond the classroom. Shelter is not directly provided through the HHP but they have created partnerships with housing organizations that can provide that help.

"I'm not saying we do everything for students, because housing is a big thing. But we have access to make their lives a little bit easier," says Ellie Rabani, director of Valley's CalWORKs program.

The food pantry is temporary help whereas with Cal Fresh a student can receive up to $200 a month if accepted to the program, and you only have to renew the application once a year.

HHP is located with the CalWORKs office at ACA 1101, and are open from Monday through Thursday 8:30 a.m. to 4:00 p.m. and Fridays from 8:30 a.m. to 12:00 p.m.

VALLEY STAR | SOLOMON SMITH

PANTRY- Woman prepares the donated produce to hand out to students as part of Helping Hands.

PHOTO COURTESY OF | AMAZON STUDIOS

FILM- Chalamet and Carell endure a heartbreaking moment together as Nic and David, respectively.

Beautiful Boy Review

This moving film is based on a true story of a family coping with addiction.

MONSERRAT SOLIS
CO-EDITOR-IN-CHIEF

"Beautiful Boy" starring Steve Carell and Timothee Chalamet, directed by Felix Van Groeningen takes on drug abuse and the chilling reality of a parent's worst fear, based on the best-selling books by David Sheff and his son Nic Sheff.

The film follows the chronicles of David struggling to control his methamphetamine-addicted son, Nic, and how far a parent's love will travel for their child. It shows his desperation as he tries to save Nic from a life on the street and help him rehabilitate.

Showing Nic at a care-free young age to his rebellious stage where he starts smoking pot and finally hits bottom, fuels the trial and revelations of a father trying to make sense of his son's downfall. While researching a cure for his son's addiction and trying to ground him back to life, he starts to lose him. Forcing Nic into rehabs only drives him further into the darkness.

After Nic runs away from home, David drives through the streets of San Francisco looking for him but instead finds a young woman who is a runaway addict. While sitting with her at a diner David sees his son in this girl, realizing his son may be a lost cause but still wanting to search for him. Eventually, he finds him and the toxic cycle of rehab and relapse starts over again.

This film will make you angry, smile, and break down into tears all at the same time. Because of the sensitive nature, the story becomes a painful reminder for anyone who has watched someone they love struggle with substance abuse but, in a strange way, is still relatable to those who haven't experienced that kind of heartbreak.

Thought of as taboo, addiction is not something people openly discuss but it is about time we sit down and talk about this global issue. Along with normalizing a conversation on addiction, Beautiful Boy leaves you feeling emotionally drained because of the heavy content.

Coming off from the high of "Call Me by Your Name", an Oscar-nominated film, Chalamet shows off his acting skills in his performance as an addict. Playing a role that is assumed to be mentally draining, Chalamet told Vanity Fair he lost 20 pounds for the film. Chalamet perfectly portrayed a struggling teen, trying to follow the standard college path but finds himself straying and it breaks your heart. Every step of the way is tragic because that's the reality. Addiction is not pretty and it is not easy to battle.

Carell who played David presented a devastatingly frantic father trying his best to keep his family from shattering. The desperation of a parent who does not want to see their child suffer is evident in Carell. The waves of denial and acceptance that his son might be lost forever strain in your heart.

According to americanaddictioncenters.org, around 6 percent of the American population had tried meth at least once in 2015 and its use remains high in the United States. Normally, people would think addicts are the people camping on the street but in reality, they are all around us.

Most importantly this film shows that families are going through the same situation; they are not alone and is, in a way, reliving to know this hardship is shared by families all around. Addiction can happen to anyone and any family, even a seemingly perfect one.

The film is available in select theatres starting Oct. 12, everywhere else Nov. 9, and will be available on Amazon Prime in 2019.

VALLEY'S STARS

★★★★★

Rated R
Must Watch Movie
Playing in theatres
starting Oct. 12 2018

Valley Life

Much more than just another superhero film

Films like "Black Panther" not only provide entertainment, but open their audience's eyes to a broader conversation about culture, technology and politics.

MEGAN JACKSON
NEWS EDITOR

The Marvel Cinematic Universe's latest installment, "Black Panther," tackles topics such as African American culture, technological advancements and moral versus political decision making within government, all the while providing a thrilling, action-packed superhero film.

The film follows the story of Prince T'Challa who returns home after his father's death to assume the throne as the king of Wakanda, as well as the super-soldier powers that accompany the role of the new Black Panther (Wakanda's traditional protector). Wakanda is an isolated, technologically advanced African nation untouched by war and colonialism. When a powerful old enemy reappears along with an unfamiliar new enemy, T'Challa's drawn into a tremendous conflict that puts not only his fate but that of Wakanda and the entire world at risk.

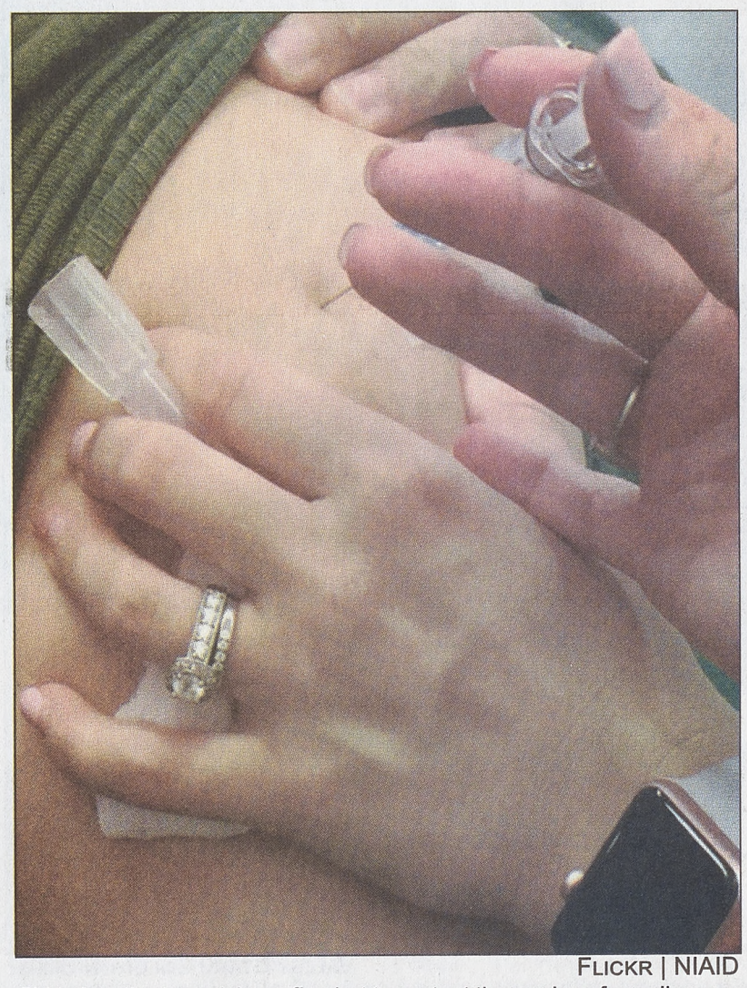
The impressive cast includes Chadwick Boseman as T'Challa, Michael B. Jordan as the main antagonist Killmonger, Lupita Nyong'o, Danai Gurira, Daniel Kaluuya, Sterling K. Brown and Forest Whitaker. One of the best aspects of this film is the strong ensemble. The connection between the characters and actors helps maintain a good pace, allowing the audience to get lost within the magical land of Wakanda.

Directed by Ryan Coogler (the indie "Fruitvale Station" and "Rocky" rejuvenator "Creed"), the $200- million film grossed $1.3 billion worldwide. It features colorful and detailed costumes, jewelry, and face paint based on traditional African culture and fabrics but with a modern twist to reflect the advancements of Wakanda. The costumes for the characters of Wakanda place an emphasis on red, green and black to resemble the Pan-African flag. The soundtrack includes songs from popular artists such as Kendrick Lamar, Travis Scott and Khalid.

A main theme throughout "Black Panther" is making morally right decisions versus political ones for the "greater good." T'Challa initially follows the Wakandan tradition of keeping his nation hidden and safe. However, he ignored his moral compass throughout most of the film which guided him to help impoverished people all over the world. We follow the battle T'Challa faces, continuing on the methods of the previous kings or paving his own path and re-identifying what it means to be the Black Panther.

The film features an abundance of strong black characters, something we typically do not see from a big Hollywood franchise such as Marvel. This opens a controversial conversation: do African Americans notice their under representation when watching American film? Hollywood has historically pigeonholed African American actors in minor or supporting roles within a predominantly white cast. Hopefully, following the extreme success of a film with a primarily African American cast like "Black Panther" it will open the film industry to more diverse casting choices.

Photo Courtesy Of | Walt Disney and Marvel
MOVIE- Black Panther provides a thought-provoking and exciting ride.



Flickr | NIAID
FLU- A patient receiving a flu shot to protect themselves from disease.

Free flu shots available

It is peak flu season and a shot is a good way to try and avoid getting sick.

BAHNAN YAMIN
STAFF WRITER

Students looking to avoid the flu this winter might want to head over to the Valley College Heath Center and ask for the free shot – while supplies last.

The Health Center, which has distributed flyers about the availability of the shot, has not seen a lot of students taking up the free offer.

"The reaction is very minimal," said Sonia Nodal last week, who is a physician's assistant at the Health Center.

According to the Center for Disease Control, "a flu shot cannot give you the flu. Flu vaccines that are administered with a needle are currently made in two ways: the vaccine is made with flu vaccine viruses that have been 'inactivated' and are therefore not infectious, or with no flu vaccine viruses at all."

According to Newsweek, "the last flu was one of the worst on record and it's about to start again. The season runs through fall and winter but usually peaks sometime after December but before February is over. While the peak usually happens within those months, the season can run late into the springtime."

According to the CDC, over 30,000 people were hospitalized from influenza between Oct. 1, 2017, and April 28, 2018.

"It's recommended to be vaccinated by the end of October," the CDC stated. "That doesn't mean those who miss that timeframe shouldn't get their vaccine. The vaccine can still protect people who get it later in the season and stop the flu from spreading further."

If you contract the flu, the best way to fight it is to rest in bed because sleeping will accelerate recovery. In addition, it is recommended that those infected with the flu eat a healthy diet and drink plenty of fluids. The CDC added, "treatment with antivirals works best when begun within 48 hours of getting sick, but still can be beneficial when given later in the course of illness."

"This year the flu vaccines have been updated to better match circulating viruses. The B/Victoria component was changed and the influenza A(H3N2) was updated," according to the CDC.

Students and staff need to have the flu shot, as they spend most of the time on campus and will be in contact with persons that could be contaminated. The Health Center is located in the Student Union Building and is open Monday through Thursday from 8 a.m. to 6 p.m.

New limit on refugees allowed in US

The State Department announced that the United States would decrease the number of refugees allowed into the country.

GABRIEL ARIZON
CO-EDITOR-IN-CHIEF

The United States is set to limit the number of refugees admitted into the country to an all-time low of 30,000 for the fiscal-year of 2019.

Secretary of State Mike Pompeo announced in September that the number of refugees to be allowed in the United States from Oct. 1 to Sept. 30, 2019, would be capped at 30,000. This number will be lowest cap set in the refugee resettlement program's history since its inception in 1980, following the passage of the Refugee Act. Pompeo attempted to stem the upcoming criticism by saying that the country would process more than 280,000 asylum claims.

"These expansive figures continue the United States' long-standing record as the most generous nation in the world when it comes to protection-based immigration and assistance," Pompeo said.

The recent cap is the latest one in President Donald Trump's administration. In 2017, the limit was lowered to 50,000 from the planned 110,000 by former President Barack Obama. In 2018, the cap was limited further at 45,000. Both previous limits were all-time lows for the program, whereas the previous record low was at 67,000 in 1986, according to the Migration Policy Institute.

"By setting the refugee number this low, this administration is betraying the commitments made after World War II."

- Mark Hetfield

As of Aug. 31, about 19,899 refugees from the 45,000 applicants for the current fiscal year have been admitted to the United States, according to data from the State Department. Applicants from Africa and the East/South Asia region make up the bulk of the total at 19,000 and 17,500, respectively. However, less than half of the applicants from Africa and less than 21 percent from Asia were accepted. Conversely, there were 2,000 applicants from Europe, but 3,173 were accepted into the United States.

In addition, the Department of Homeland Security issued a Notice of Proposed Rulemaking, which will change their rules and allow them to determine whether an immigrant is inadmissible to the country if the person in question may become a public charge – a person likely to be primarily dependent on the government for subsistence.

Criticism of the new refugee limit came swiftly. The Hebrew Immigrant Aid Society (HIAS), an American non-profit organization that provides humanitarian aid and assistance to refugees, issued a statement to Newsweek that lambasted the president for betraying the country's history of giving people fleeing from violence and persecution a safe haven.

"If we go back home, they will kill us."

- Wayner Berduo

"By setting the refugee number this low, this administration is betraying the commitments made after World War II," HIAS President and CEO Mark Hetfield said, "followed by decades of bipartisan support, to ensure that the world never again turns its back on innocent people seeking safety."

Most Reverend Joe S. Vasquez, Chair of the U.S. Conference of Catholic Bishops' Committee on Migration, called the limit cap "deeply disturbing and leaves many human lives in danger."

"To cut off protection for many who are fleeing persecution ... contradicts who we are as a nation," Vasquez said. "Closing our doors on those seeking safety is not who we are as a people."

At the end of the 2018 fiscal year on Sept. 30, the United States will have accepted less than 23,000 refugees, the lowest in the program's history.

Many people attempt to flee to the United States to escape violence, fearing that they will be killed if they stayed. Wayner Berduo, a man who has faced gang violence in Guatemala, and his family have tried multiple times to seek asylum, to no avail.

"If we go back home, they will kill us," Berduo told NPR.

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Letters to the editor can be sent to: editor@lavalleystar.com or submitted online at www.lavalleystar.com. Letters must be limited to 300 words and may be edited for content. Full name and contact information must be supplied in order for letters to be printed. Send by Thursday for the following week's issue.